

THE LADY'S FRIEND

Comprising
HINTS and HELPS
of the Utmost Importance
in Every Home

Arranged and Compiled by
Prof. L. H. Anderson

Author of the Great Nature Series
of Books for Single Men, Women
and the married.

PUBLISHED BY
WEBSTER SPECIALTY CO.
Clark and Elm Streets
CHICAGO, ILL.

Sept. 22, 1910.

Webster Specialty Co., Chicago, Ill.:

Dear Sirs—You will find enclosed \$1.60 for which please send me one box of A. S. Blue Pills, double strength, as I think they are worth their weight in gold.

Yours truly,

Mrs. W. A.

Thacker Mines, W. Va.

Aug. 2, 1910.

Webster Specialty Co., Chicago, Ill.:

Dear Sirs—Enclosed find a P. O. order for 50c for one box of your Invigorating Tablets for Woman. Am pleased to state that your Invigorating Tablets for Men are being used in our home with great satisfaction.

Yours respectfully,

D. A.

Stockton, Ill.

July 16, 1910.

Webster Specialty Co., Chicago, Ill.:

Dear Sirs—Enclosed find \$1.00, please send me two boxes of your Invigorating Tablets for Men by return mail, as I am nearly out. I am taking them for a long-standing dull backache, caused from heavy lifting, and the tablets are simply grand.

Yours truly,

A. D. B.

Paw Paw, Mich.

Sept. 20, 1910.

Webster Specialty Co., Chicago, Ill.:

Gentlemen—Please send me one box of your Secret Liquor Remedy, as we have used one box and find it has done so much good we will use some more.

Thanking you for the good the remedy has done, I remain,
Mrs. C. T. C.

Abbotsford, B. C., Canada.

July 7, 1910.

Webster Specialty Co., Chicago, Ill.:

Gentlemen—Please send me another box of A. S. Blue Pills, single strength. They are a great relief to me.

Sincerely yours,

Mrs. R. R.

Hilliards, Pa.

Aug. 2, 1910.

Webster Specialty Co., Chicago, Ill.:

Gentlemen—Enclosed please find \$1.10 for which please send me one box of A. S. Blue Pills, single strength, for painful menstruations. I have used one box and found them a friend in need.

Yours truly,

Mrs. H. S. H.

Option, Pa.

Send us the name and address of your friends and we will be pleased to mail a copy of "Our Lady's Friend" comprising Hints and Helps. Also our Catalog of Rubber Goods, Toilet Necessities, Drugs, Books, etc. FREE.

HEALTH HINTS FOR LADIES.

On the Best Measures to be Adopted for the Preservation of the Health.

Though it is a well known fact that the fair sex do not possess strength of constitution or firmness of muscle equal to that of men, yet they are much less liable to sudden, or fatal disorders; and it is an undoubted fact, despite all the perils which environ their lives, that the chances are estimated as being two to one in their favor; that is, if a male and female marry at the same age, it is two to one that the woman will be the survivor, and this is to be greatly, if not entirely, attributed to the superior regularity of habit and equanimity of temper displayed by them under bodily and mental suffering. Their powers of endurance are well known, and are at times truly wonderful, sustaining them under afflictions of a nature, trying not only to the corporeal but also to the mental organization. The pages of history are rich with instances of woman's patience, endurance, heroic firmness, and unchanging love.

Girls should be treated during the first five years of their lives very similarly to boys, and from the moment they are able to run without assistance until seven or eight years of age, ought to be permitted to partake of the same amusements and recreations, in order that they may enjoy the opportunity of obtaining air and exercise, by which means, all constitutional debility, should they possess any, will be counteracted, and both mental and bodily powers developed and strengthened, thus laying the foundation for a firm and durable constitution, which will prove an inestimable blessing forever after. Only take a view of the children brought up in the country, who are exposed to every vicissitude of season and weather, also of those females who labor in the open air for their daily sustenance; does not their robust health and vigor of frame speak volumes in favor of what is said.

There is a notion that air spoils the complexion; it is possible that an exposure to all weathers might have such an effect; at all events, a spoiled complexion of this kind is accompanied with none of the melancholy effects attending the pale faces, which are the results of confinement, indolence, and late hours.

If parents would have their daughters enjoy the happiness arising from health; if they would have them possess a cheerful disposition, active in mind and body, pleasing, useful companions, good wives, and valuable members of society, instead of turning out useless nonentities, let them reflect and act on this advice; for they may rest assured that in proportion as they are educated with attention to the full development of their physical powers, so will they be possessed of the before-mentioned advantages, and rendered less liable to incidental maladies, and the danger attendant on childbirth.

It may perhaps be urged that the circumstances of parents are frequently an obstacle to such a system; "they cannot afford to keep them idle;" it is by no means necessary that they should be so; but then they might, in every case where it may be practicable, select some more active employment than such as is in the present day generally assigned to female children; thus instead of confining them for months and years to their needles, let them have a portion of the household or other stirring occupations to perform, and above all, let some part of their time be devoted to amusement, at least two hours every day in skipping, dancing, hoop driving, swinging, the use of dumb bells, running, and all the gymnastic exercises, every one of which, when the weather will permit, should be practiced in the open air; thus much is surely practicable in every family of respectability, simply by acting throughout with a little more method in the arrangement of the various domestic duties, and as the female grows up and approaches womanhood, she will, from mere force of habit, be anxious for active pursuits, and will feel the necessity and advantage of procuring as much air and exercise as possible.

I shall now make a few observations on diet, temperature, clothing, air, cleanliness, and temper. From the peculiar powers of the digestive functions to convert and assimilate food into the blood, by which our systems are supported and nourished, as well as from the nervous sympathy that subsists between the stomach and every organ of the body, it is evident that any considerable disturbance of its office, must of necessity, act as a predisposing cause to disease. Yet, unless sickness is actually produced, it is seldom that much attention is paid to the stomach, or to the effects of food upon it.

As pleasures of every kind lead to an excess of enjoyment, so it is with those of the table, and very rarely is there self-possession to resist them. Were our daily diet to consist of simples in small quantities we should seldom complain of disease, and life would necessarily be prolonged; but while our appetites are pampered with all the luxuries which characterize the tables of the present day, disease direct, or indirect, will ever be the result. When alluding to the inordinate use of food, the abuse of drink may not be improperly adverted to. That water was the only beverage designed by Nature for our use is evident by the singular and universal disrelish which every animal but man exhibits towards other liquids. No fluid so effectually allays thirst as water, or more powerfully aids digestion. But when once stimulants are relished, water is no longer palatable, and only let this relish be established, and the very best constitutions must give way. In a few words, moderation, simplicity, and regularity in all that relates to diet, are the three golden rules to be observed.

Clothing.—The great object of clothing is to afford that protection to our systems which shall prevent the loss of an undue quantity of animal heat, and permit the unobstructed escape of the insensible perspiration, by which, though unseen, our bodies are always surrounded.

If there is one part of the body in females which requires more protection than another, it is the chest, and with them no part is left more exposed. Their dress is in almost every season inadequate to protect them against the weather; and by one of those singular anomalies sometimes met with, it is their custom to be over-protected during one part of the day and totally unguarded in another. Women belonging to the denomination of the Society of Friends are less subject to chest affections and other diseases than most other women, chiefly attributable to their dress, the simplicity of which, as well as the protection it affords to the neck and chest is well worthy of imitation, and together with many of their habits, highly conducive to the maintenance of health.

There is another point requiring very serious attention, namely, the urgent necessity for females wearing shoes of a stronger material than is generally employed. There is an intimate sympathy between the feet and the surface of the body, so that if they be cold, the effects are felt throughout the entire system, hence the frequency of colds, coughs, sore throats, &c. Now, though a scanty supply of clothing is liable to be attended with evil results, we are not to run into the other extreme, as an inordinate quantity is equally injurious; much caution is therefore necessary in order to avoid sudden alternations of light and heavy clothing; and whenever young people act inconsiderately, depending too much on the natural powers of their constitution, they should be compelled to take proper precautions, rather than be suffered to endanger their health.

Sleep.—Great attention ought to be paid to regularity of habit in the hours of rest. Among all the indiscretions of youth, few are better calculated to destroy and undermine the constitution at some period or other than the infringement of that law of Nature, which imposes the necessity of sleep in timely and stated seasons. Bed-rooms ought always to be capacious, dry and well aired; the bed not to be too luxurious, and the bed-clothes as light as consistent with comfort.

Cleanliness of person is surely never to be confined to the mere washing of the face and hands; when general bathing or sponging is not resorted to, the dirt that accumulates on the surface of the body is beyond conception; in fact, we have continued evidence of such an accumulation by the state of our fingernails: though engaged in no dirty or dusty employment, we discover that the dirt and perspiration (which are continually secreted from every part), will in a short time form a very disagreeable deposit. Now if we reflect on the quality of this secretion, which covers the whole surface of our bodies, and is being hourly formed, we shall be convinced that a little more than the daily friction performed by clothes is requisite.

Cleanliness is indeed one of the cardinal virtues, for it materially contributes to support the system in a state of undisturbed health.

Temper.—The indulgence of passion not only tends to the destruction of domestic happiness, but even of life itself. This assertion may be startling, but it is an undeniable and melancholy truth; it is the nature of violent passion to produce organic changes in the system of every individual who indulges in it. Numerous instances are on record of the fatal effects of violent paroxysms of temper, which have terminated in fever, apoplexy, madness, or sudden death. A calm, serene and cheerful mind, may be secured by cultivation; even persons of a naturally fretful, peevish and violent disposition, will be astonished to find how comparatively easy it is to regulate their tempers, if they will but resolutely determine on doing so.

MEDICATED INJECTIONS.

Why Vaginal Irrigation is Necessary.

Fully twenty-five per cent. of the work of physicians is devoted to the treatment of complaints peculiar to women. Why is this? This proportion is many times too great. Cannot a woman who is properly instructed take such care of herself as to avoid most of these complaints? It is a well-known fact that the more ignorant and uneducated class suffer far more than do the women who are better informed. This is due largely to their want of reasonable and proper control of their reproductive functions and to the want of cleanliness. It is just as true of the sexual apparatus as of the stomach, that wise and intelligent control of its functions is necessary to retain health. It is the right of every woman to retain the best possible health under the conditions in which she lives. She may require a physician's skill and attendance to treat her ailments, but she does not need one to prevent these ailments.

During the child-bearing period of a woman's life there are many influences at work in the genital organs which render it very difficult for her to preserve perfect health. The frequent occurrence of menstruation, or periodic flow, necessitates a breaking down of cells lining the mucous membrane of the womb and a reconstruction after every sickness, which is accompanied with marked congestion and loss of blood. Such changes are very apt to excite chronic catarrh and unnatural softening of the mucous membrane of the womb, and cause a debilitating loss. Such discharges prove irritating to the vagina, into which they drain. Bathing of the parts—douching—removes these acrid secretions and keeps the vagina healthy, just as the ordinary bath keeps the body clean and well.

Violent inflammations are acquired in marital life through no fault of the wife, which cause grave and frequently dangerous illness, which undermine the health, cause sterility in some cases, inflammation of the bladder, womb and kidneys and provoke peritonitis. Prompt vagina douching, which is thorough, does more to prevent this dread disease than all other measures.

No other organs of the body are obliged to undergo such great variations in size as do the womb and vagina in child-bearing. This necessitates a peculiar construction of the vagina. In order that it may be of sufficient elasticity to permit of child-bearing it must be so constructed as to lie in folds at all other times. These folds make many little pockets, which can be reached for cleansing only when the entire vagina is ballooned or put upon the stretch.

Likewise the neck of the womb, lying partially within the upper end of the vagina, is embraced by it, and so produces still other and deeper pockets.

It is very easy, therefore, to see that obnoxious secretions lying in the vagina will not properly drain away of themselves.

Unquestionably a woman's health demands that she shall be able to control the conditions of these parts as may be best adapted to her physical needs and circumstances. Cleanliness is her only safeguard. To secure cleanliness, sustain regularity in her menstrual function, the avoidance of infectious diseases and the irritations of acrid catarrhs there is but one means which can be safely employed by her, and that is: vaginal irrigation.

Douching, when properly done, is a most effective means, but as generally understood and employed it is a most ridiculous failure. Considering what has just been stated regarding the construction of the parts, it will be readily understood by every woman that, unless every minute portion of the vaginal, including the deep pockets around the neck of the womb and the extensive folds composing the entire remainder of the canal, are reached repeatedly and thoroughly by the injected fluid, no douching will succeed.

The one special and absolutely essential point in the construction of our Vaginal Balloon Spray Syringe is its ability to thoroughly cleanse the vagina with the various sets of streams spreading out in all directions.

HOW TO USE THE SYRINGE.

Place the syringe in a vessel of water or medicated fluid and compress the bulb until the syringe is filled. It can be used lying down with as great, if not greater, facility than in any other position, but a convenient sitting position will answer as well. Withdraw the pipe from the vagina before releasing pressure on the bulb.

Reinject a number of times until satisfied that the sticky mucous lining of the vagina has been thoroughly washed out.

It will be seen from this brief description how simple and convenient it is. There has been nothing introduced up to the present that does the work so effectively as our Improved Vaginal Balloon Spray Syringe.

FEMALE COMPLAINTS

For Which the Safety Syringe is Specially Useful.

FALLING OF THE WOMB.

Whenever the womb becomes too heavy, or the cords which are intended to hold it up in its proper place become stretched and weakened, what is known as falling of the womb follows. It sags down into the vagina, pulls on its cords, stretches the nerves and presses upon the bowel which passes just underneath it. The lower end of the womb then lies nearer the mouth of the vagina than it should, and can be felt within one to three inches from the mouth of the vagina. It causes pain in the back from stretching of the nerves, pain in the bowel, or a feeling as if a movement were necessary, and a general sense of heaviness and bearing down. A fallen womb is generally swollen with too much blood, and so develops a discharge of catarrh. The daily injection of very hot water with the Safety Syringe acts like a tonic on the womb, causes its muscles and blood vessels to contract and thus empty it of its excess of blood, and helps to restore it to its normal position.

DISPLACEMENTS OF THE WOMB.

These displacements of the womb are much like falling of the womb, and are benefited by the same treatment with hot water injections. Fill the syringe with water as hot as you can endure without scalding and inject it into the vagina, and hold it there for a few minutes. Then use another syringeful, still hotter, and hold it likewise. Do this at night and morning.

INFLAMMATION OF THE WOMB AND VAGINA.

The parts are very tender in this condition, and are accompanied with catarrhal discharges which cause more inflammation or fever in the parts, and are very weakening to the body, as they drain away its blood supply. These inflammations are of several kinds.

LEUCORRHOEA OR "WHITES."

This form of inflammation is a slow chronic disease, without much pain or tenderness accompanying it, but causing a most unpleasant and weakening catarrh of the womb. There is a constant white or yellow discharge, which prevents neatness, makes the vagina and skin just outside sore and produces a very disagreeable odor.

GONORRHEA.

This is a violent inflammation which not only does what the whites does, but is very liable to extend itself up through the womb into the tubes, and thence into the cavity of the abdomen, where it produces peritonitis. It is started during marital relations, and can be prevented if the syringe is used promptly after intercourse.

The value of hot water injections for these catarrhs can be readily appreciated by everyone. The discharges are washed away, and the irritations which they cause by lying in contact with the delicate linings of the womb and vagina are removed. The womb is toned up and helped to check the discharges. The nasty odors are taken away, and the parts are enabled to keep smooth, soft and clean. The irritation and painful itching which they develop in the skin outside are stopped in a wonderful way.

MONTHLY SICKNESS, OR MENSTRUATION.

This flow of blood, which usually occurs in a healthy woman every twenty-eight days, is not intended by Nature to weaken or distress a woman, but it is seldom that it does not. Often it causes headache, backache, loss of appetite, upsets the nerves, and very frequently is so severe as to drain away more blood than good health can permit. The flow should not last longer than three to four days, and should never show the presence of blood clots. When it occurs oftener than every twenty-eight days, or lasts a week or longer and is large in quantity, and especially has blood clots in it, the hot water injections should be used from the time it ceases to be red in color regularly every day till the next flow.

ABSENCE OF MONTHLY SICKNESS.

This may be due to a greatly weakened condition of the blood, to incomplete development of the womb and ovaries, or to conception. The syringe should not be used when the absence of the flow is due to previous losses of blood. Building-up tonics are better, but it is very useful for developing the parts.

For cleanliness following marital relations the Safety Syringe should be used immediately and most thoroughly.

While the uses of the safety are thus seen to be many, it must be seen that, in order to get cured, or to prevent diseases or interruptions of menstruation it is very necessary to employ various medicines at the same time.

If you are so fortunate as not to require this article, by handing this booklet to some suffering woman friend you will be doing her a great service indeed.

Dr. Kelly's Balloon Spray Syringe.

W31—Dr. Kelly's Balloon Spray dilates and flushes the vaginal passage with a volume of whirling fluid which smooths out folds and permits the injection to come in contact with its entire surface, dissolving and washing out all secretions.

The Balloon spray tip is removable for cleaning. The adjustable soft rubber guard closes the vaginal inlet hermetically, preventing the injection from escaping, and if desired, causes its return by suction into the bulb when pressure on same is removed. In this way a douche can be taken in a moment without spilling the fluid or wetting the clothing.



Dr. Kelly's syringe cannot throw a solid stream, but discharges a volume of whirling spray.

With this syringe the vaginal walls can be distended by the injection fluid, which is absolutely necessary in order to reach and remove the secretions in the folds.

The soft rubber guard or plug not only prevents spilling, but when hot injections are used, it protects the sensitive external parts from the heated liquid. Hot injections

offer great relief for painful menstruation, and their use is advised during the interval between the menses. The most eminent physicians and specialists advocate the use of hot water as a very important agent in treating the diseases of women. Regular price, \$3.50. Our price\$2.35

If by mail, postage extra, 15c.

FREE—A book of valuable information for women. If you would enjoy perfect health read Dr. Kelly's book of instructions, which is sent free with each order of Dr. Kelly's Syringe.

O. K. ANTISEPTIC TABLETS

A Perfect Germicide

NON-POISONS

NO ODOR

NO STAINING

THE CHEAPEST AND BEST TO USE IN HEALTH TO PREVENT DISEASE



Are perfectly harmless, antiseptic, deodorant and germicidal, as a soothing and healing agent and as a solvent for the secretions and discharges they are far superior to all other Antiseptic Douche Tablets sold today;—they relieve the inflamed parts and act directly on all mucous membranes.

Composed of only the purest and most beneficial, germ killing ingredients, and are especially recommended for Vaginal injection, by the leading physicians in the Medical Profession.

Leucorrhoea or Whites. this disorder, to which all women are subject, which consists of an offensive discharge and is a source of great weakness and produces sleepiness and pains in the back and loins is relieved immediately by the use of O. K. Antiseptic Tablets.

To promote regularity in the menstrual period, the Vagina should be thoroughly flushed, at least once a day and every woman who has passed the period of Maidenhood, ought to use a

Vaginal Syringe, especially married women, with whom cleanliness is a virtue and every woman who uses a syringe should use only the pure O. K. Antiseptic Tablets.

Antiseptic Tablets are of great value to well women because, by eliminating all foreign matter, they prevent disorders and diseases and secure the consequent good health and comfort which cleanliness brings to the internal as well as the external organs of the body.

Two tablets dissolved in a half pint of hot water makes the required solution for injection; one tablet to one pint of water is sufficient for general cleansing purposes, as tablets are extra strong.

W201 100 O. K. Tablets in Each Box, Price per Box Postpaid, \$1.00.

Guaranteed under Pure Drugs Law, Serial No. 27064, by
WEBSTER SPECIALTY CO.,
Chicago.

Little Economies.—During these days of high prices the following suggestions will help toward keeping down the housekeeping bills. Many of these suggestions were awarded \$5.00 prizes and you will find them invaluable:

Make all purchases personally.

Know all about what you are buying.

Buy in bulk when possible.

Cook for each meal enough, but not too much.

Serve leftovers daintily in pretty dishes.

Window Cleaning.—Instead of using water with soap, ammonia, borax, or kerosene, use denatured alcohol. Moisten one cloth, or better, chamois, with the alcohol and polish immediately with a dry one. Windows can be cleaned in half the time with a fraction of the labor and the result is brilliant, never cloudy or smudgy. It has the advantage, too, of keeping the window clear of frost in cold weather. Denatured alcohol is sold at 65 cents a gallon. One pint will do thirty windows inside and out.

How to Make a Tumbler Garden.—After the glass has been filled with water cut a piece of cotton batting or flannel to fit the top exactly. Scatter mustard, flax, or grass seeds on the wool and put the tumbler in the dark. In a few days the roots can be seen through the glass and the green sprouts above. The water in the glass will need to be kept full by adding a teaspoonful carefully two or three times a week. Keep the "garden warm."

Tonic Salt.—When you come in from a long, tiresome walk try giving the feet a hot foot bath of salt water while you sip a cup of warm milk. A daily bath of salt water or a rub from a salt towel will prove wonders for nervous people.

Borax Deodorizer.—So many are troubled by the odor of perspiration from the armpits. An inexpensive and sure remedy is simply to bathe well each day with soap and then dip the wet fingers into dry borax and apply.

New Rose Jar.—Here is a recipe for a potpourri of rose leaves which will preserve the fragrance for many a day. As the roses are gathered pack them in a stone crock with alternate layers of salt. Keep in a cool, dry place. Leave for a week after the last petals have been added, then turn out on a board tray and toss and mix thoroughly. Mix well with ingredients given below, return to jar, and pack away to ripen for six weeks.

For Powders.—One-half ounce each of violet rose, and heliotrope powder, one ounce of powdered orris root, a half teaspoonful each of mace and cloves, one-quarter teaspoonful of cinnamon.

For Liquids.—Four drops oil of roses, ten drops oil of neroli, twenty drops oil of lavender, twenty drops oil of eucalyptus, ten drops oil of bergamot, two drams of pure alcohol.

Cleaning Rugs.—When beating rugs, bedsprings are a great help. The rugs are laid upon the springs right side down, and as they are beaten the dirt falls out upon the ground. This is the easiest and most effective method of cleaning rugs ever devised.

Potato Mucilage.—A good mucilage can be made from potato peelings; put as many peelings as desired in kettle, cover with water, boil one hour; strain, then add one-half teaspoonful of alum; this will keep indefinitely.

Floor Stain.—An inexpensive floor stain: One ounce of permanganate of potash dissolved in quart of warm water. Wood painted with it when dry will be a deep brown color.

and with one coat of varnish will look well. Must not allow it to touch the hands; it will stain the skin.

Furniture Polish.—Equal parts of linseed oil, turpentine, vinegar, and spirits of wine. Mode: When used, shake the mixture well and rub on the furniture with a linen rag and polish with a clean one.

Dry Cleaning Gloves.—Heat cornmeal in the oven, as hot as can be handled, put the gloves on the hands and wash quickly, rubbing well. When clean remove from the hand, shake out, and brush away the meal that clings to them. You will find they retain their luster and are ready for immediate wear. Hot meal also cleans laces and other delicate fabrics without injury, is useful in removing soiled places on party dresses.

To Get a Glossy Effect on Starched Clothes.—It is advisable when washing, to put a little gum arabic in the starch. Dissolve half a teaspoonful of the gum arabic in boiling water, and when cool add to the starch. Linen, when starched with this mixture, will have a beautiful gloss. It is the only method by which the same exquisite finish can be obtained on linen goods as when first displayed for sale in the store window.

HEALTH AND BEAUTY NOTES.

Cleanliness, ventilation and dryness are nature's disinfectants.

Pure water, pure air and pure food are nature's agents to bring about good health.

If you would enjoy good health keep the body clean, inside and outside, and your mind free from worry and discontent.

Do not shut the night air from sleeping rooms. Experience shows that the most unwholesome night air is that which has been breathed over and over again in a close sleeping apartment.

So much sickness has been traced to an impure water supply that too much emphasis cannot be placed upon the need of proper precaution being taken in every home. A simple test for discovering impurities in water is to put into a tumblerful, a few grains of potassium permanganate; as it dissolves it colors the water a light purple. If the water is pure; organic matter, however will change the purple to a lemon color or even a deeper yellow showing the water unsafe to drink.

A diet of fruit, known as the "fruit fast" is frequently used to put the digestive system into better working order when it has been clogged by indigestion and constipation. Such a fast for a week or more has a powerful cleansing effect on the whole system. It consists of eating nothing but raw, subacid fruit, in season. Tomatoes are considered a fruit and may be eaten with the addition of a little salad. Not more than two pounds should be consumed daily.

WEBSTER SPECIALTY COMPANY, CHICAGO, ILL.

VAGINAL ICHTHYOULETTES



**SIMPLE, SAFE AND CONVENIENT. A PERFECT
ANTISEPTIC AND GERMICIDE**

**AN EFFICIENT PREVENTIVE
OF DISEASE**

**A Scientific Method of Treatment By Means of Direct
Medication. It reaches the parts directly which need its
Healing and Invigorating Influence. No Swallowing
of Nauseating Medicines.**

Remember if you have female complaint you must seek to
treat the organs affected and not your stomach and intestines.
Local treatment by means of **Vaginal Ichthyolettes Antiseptic
Cones** are effective as they are convenient and are absolutely guar-
anteed to give satisfactory results or money refunded.

These are Our Claims and Guarantee

MONEY BACK--If Vaginal Ichthyolettes fails to cure Leucor-
rhoea commonly termed the Whites.

MONEY BACK--If it fails to cure Nervous Debility, Backache.

MONEY BACK--If it fails to establish the Natural Flow when
it has been interrupted through unnatural causes.

MONEY BACK--If it fails to produce regular and painless
monthly periods.

MONEY BACK--If it fails to cure any Inflammation or Ulceration
of the Pelvic Organs or Ovaries.

MONEY BACK--If Vaginal Ichthyolettes are not superior to
any other Antiseptic Tonic and Curative Remedy
known.

You take no chances.

Order to-day

W203--Price per box of 20 Cones, prepaid.....\$1.00

A. S. BLUE PILLS

W149—The importance of a regular healthy menstruation to ladies, married as well as unmarried, cannot be too highly appreciated. Thousands of women suffer untold anguish, if at the time the monthly secretion ought to take place, it fails to make its appearance. A woman's very existence and freedom from disease depends upon that function being kept active.

The causes of these irregularities and omissions are of a very different nature, such as Colds, Lack of Blood, Weakness and other reasons, causing in every instance many hours, even years of misery and anxiety.

It is with the utmost confidence that today we are offering to suffering woman-kind a remedy, which enables any woman to overcome these so much dreaded conditions.

A. S. BLUE PILLS

are the best and most reliable Female Pills in existence, compounded by an eminent physician and tested in numerous cases.

Do not experiment with any of the numerous obscure and unreliable drugs, the only result being disappointment and loss of money.

The A. S. Blue Pills are pleasant to take, certain in action and will not harm the most delicate person.

The A. S. Blue Pills as a preventative of irregular menses save hours of anguish and anxiety, and are worth their weight in gold to any woman, and should be kept in every house.

In Painful Menstruation they give almost instant relief from the most intense suffering.

The A. S. Blue Pills are indeed a "Friend in Need," to which thousands of thankful ladies have testified.

The A. S. Blue Pills are put up 40 in a Box, with explicit directions for use, and will last you three or four months.

Price, \$1.00 per Box; if sent by mail enclose Ten Cents extra for packing and postage. Double Strength, \$1.50 per Box.

HAIR GROWING FOUNTAIN COMB.



W137—Especially designed for applying to the hair tonics, eau de quinine, bleaches, dyes, etc. Made entirely of hard and soft rubber and warranted perfect in every respect.

The comb attachment being hollow the liquid will flow through the teeth to the scalp, distributing the remedy to the hair roots where it will be of most service. The use of this comb will prevent wasting tonic, soiling the hair and hands. The liquid may be applied as rapidly as desired. The Hair Growing Fountain Comb will especially appeal to ladies as being a much needed necessity. Full directions for using accompany comb, all packed complete in neat case. Regular retail price, \$1.00. Our special price.....

INVIGORATING TABLETS^c

FOR MEN

Any man who is possessed of vigorous health and an attractive manly appearance is proud of the fact.

That is only natural, particularly when he is aware that so many of his gentlemen friends complain of lack of vitality, and apparently have not the strength and physical development to enjoy the best of life.

Our Invigorating Tablets for Men are intended to make men strong and perfectly developed. The subject has been given years of study and experiment, and as a result a remedy has been perfected for men that is absolutely wonderful in its effects.

Spermatorrhoea, or seminal weakness, is generally caused by self-abuse, although it may result from other excesses.

The symptoms are nervousness, gloomy thoughts, dreams accompanied by emissions, sluggish bowels, dizziness, pimples on forehead, neck and chest, lack of confidence, aversion to society, palpitation of the heart, numbness of limbs twitching of eyelids, spots floating before the eyes, pains and sudden sweating, continuous discharge of water mucous, loss of semen in urine and at stool, etc.

There are periods in the life of every man, no matter how robust he appears, when he becomes "run down."

The causes are many. He may have indulged in excesses when younger or he may feel the effects of dissipation; he may suffer from overwork, from the results of a severe sickness or in some other way have drawn upon his supply of nerve force until it needs replenishing.

Our Invigorating Tablets are invaluable in cases of Spermatorrhoea and Lost Vigor. They are designed to renew the vigor of younger days, and the most striking proof of their power is their rejuvenating effect upon men advanced in life.

If you have any of the above symptoms, our Invigorating Tablets will help you. No matter what the cause may be or how severe your trouble is; no matter how much worn out, overworked or depressed you may be. Weak and timid men are made strong and bold again.

They give youthful vigor and a new lease of life to the old. Beware of Quack Doctors. They advertise to scare men into paying money for remedies, which have no merits.

Our Tablets are not merely a stimulant but a tonic and restorative. A trial will convince you of their merits and the results that will follow them.

W189—Price, per box, 50c prepaid. Per dozen, \$5.00

Apoplexy—Take patient to cool room, loosen clothes, apply cold to head and use mustard foot baths.

Bleeding—Make patient lie down in horizontal position, generally on his back. If the wound is in a limb raise the limb above the body. Put pressure on the bleeding points with fingers covered with gauze. Keep the patient warm with clothing, artificial heat and hot-water bags. Where the blood spurts, as from an artery, pressure must be applied directly to the wound; if it is large, push gauze into it and press down. A tight bandage should also be placed a short distance above, between the heart and the wound. Tight bandages should not be left on too long. Bleeding in the scalp may be stopped by pressing down upon it near the edge of the wound on the side from which the blood comes. To stop bleeding in the temple, press upon the bone just in front of the ear. Bleeding from face wounds may be controlled by pressure upon the side of the jaw. In capillary bleeding bandages must be applied directly to the wound; hot and cold applications may also be used. Alcoholic stimulants should not be used.

Bleeding from Internal Wounds—Have the head of the patient a little lower than the rest of the body; apply ice-cold cloths to the stomach.

Bleeding from Lungs—Put ice or cold cloths on the chest; the body should be in a sitting position. The patient may also be given small doses of vinegar mixed with salt.

Bleeding from the Nose—Slight cases may be controlled by the application of ice or cold water. In more serious cases place the patient on his back, raise the arms above the head and let him draw salt water or vinegar and water into his nostrils.

Bleeding from Varicose Veins—Raise the limb above the level of the body, bandage the vein where ruptured and place a tight bandage below the wound.

Bites—In the case of poisonous bites, as from snakes, bandage tightly above the wound, cut out edges of wound with knife or cauterize with nitrate of silver; wash the wound with whisky or with a solution of bichloride of mercury. The important thing is to keep a tight bandage above the wound for several hours. Dog bites, if hydrophobia is feared, should be treated in the same way. The wound may, after being cleansed, be sucked. In the case of ordinary bites half-melted tallow rubbed vigorously into the wound is efficacious in removing poisonous substances. Bites of cats, rats and other animals may be treated with hartshorn applications. Cold water, wet earth, salt water and hartshorn are all good for stings of insects.

Burns and Scalds—Cut away clothing, if necessary; do not pull it off; put loose cotton on burned part, exposing the skin to the air as little as possible. Dress with a warm solution of baking soda or use olive oil, vaseline, sweet oil, the white of an egg or a mixture of linseed oil and lime water. Wet earth or clay, starch or toilet powder may also be used in emergencies. Burns from acids should first have water poured over them and should then be washed with a solution of baking soda or lime water. In burns from drinking acids, take a dose of baking soda diluted so as to be quite weak. Oil and the whites of eggs are good for burns in the mouth caused by chemicals or fluids. Where burns on the surface of the body are extensive, dress only a small portion at a time. Pitch, wax or other adhesive substances if on the burned part should be allowed to remain. In case of severe shock from burns the patient may be placed on a sheet just as he is and placed in a bathtub full of tepid or slightly warm water.

Choking—Bend the body forward and face downward and slap vigorously on the back.

Concussion or Stunning—Treat like apoplexy. Lay the patient flat on his back with the head slightly raised; cool applications to the head and warm to the body are sometimes advisable.

Dislocation of Fingers—Pull the bones into place and apply cold wet cloths.

Anita, Pa., Nov. 10, 1910.

Webster Specialty Co., Chicago, Ill.:

Dear Sirs:—Please send me another box of your A. S. Blue Pills, Double Strength. Enclose find \$1.50, 10c extra for postage. Please let me know if the pills are any cheaper by the half-dozen boxes. I think I will be able to sell a few boxes. I can recommend them by my own experience. I would not be without them. I thank the day I received your catalog. My address,

Mrs. M. R.

No. Yakima, Wash., Jan. 11, 1911.

Webster Specialty Co., Chicago, Ill.:

Dear Company.—Received my order O. K. and like same very much. I will send for one of your syringes in a few days. Many thanks for the Ladies' Medical Guide to Health and Beauty Book. It is fine.

Hastily yours,

Mrs. S. L.

Spearmore, Okla.

Webster Specialty Co., Chicago, Ill.:

Gents:—I received your goods by express very promptly. Thanks for same. Enclosed find draft for \$5.00 to pay for another order of goods as per order blank.

Respectfully,

T. G.

Somerset, Ohio, Dec. 15, 1910.

Webster Specialty Co., Chicago, Ill.:

Kind Sir:—I am herewith sending for 22c worth of Toothache Gum. I think it is the finest remedy ever was for toothache and I have recommended it to several people. Send to

Mrs. M.

New Orleans, La.

Webster Specialty Co., Chicago, Ill.:

Gentlemen:—I am very much pleased with your Hair Shader. I have told some of my friends about it. Please send me a large bottle, and oblige,

Mrs. C. H.

Fort Smith, Ark., Nov. 25, 1910.

Webster Specialty Co., Chicago, Ill.:

My Dear Sirs:—Have used your Vaginal Ichthyolettes and they have proved to be such a blessing. I am again sending for one more box. You will find enclosed a postoffice order for \$1.00 for one box of Ichthyolettes for women.

Yours truly,

Mrs. A. M.

Portland, Ind., Nov. 28, 1910.

Webster Specialty Co., Chicago, Ill.:

Dear Sirs:—Please send me two boxes of your Invigorating Tablets. I have tried one box and am pleased with them. Enclosed find \$1.00 for them.

Yours very truly,

M. W.

Cold Springs, Minn., Oct. 28, 1910.

Webster Specialty Co., Chicago, Ill.:

Gentlemen:—Received the goods and am pleased with same. Thanking you for the Ladies' Medical Guide to Health and Beauty. It is a good book. Will send for some more goods soon.

Yours very truly,

K. A.

Tyndall, S. Dak., Nov. 5, 1910.

Webster Specialty Co., Chicago, Ill.:

Dear Sirs:—Please find enclosed money order for \$1.00 for which please send me one box of Vaginal Ichthyolettes. I received your address from a lady friend. Please send as soon as convenient.

Yours truly,

Mrs. B. F.